

## **Occu-pie My Thoughts! Maple Pumpkin Sugar Scrub**

- 1 1/4 cup brown sugar
- 1/4 cup pumpkin puree (not pumpkin pie mix)
- 1/8 cup maple syrup or honey
- 1/8 cup oil (olive, grapeseed, jojoba, almond – your choice!)
- Pumpkin pie spice, or cinnamon and nutmeg
- 8-ounce glass jar (Mason-type)

## **I'm Going Bananas! Face Mask**

- 1/4 banana
- 1 teaspoon honey
- 1 teaspoon yogurt
- Small mixing bowl